

# Mountaineer

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Photos by Rebecca E. Tonn

## Flag casing ceremony for 43rd ASG and 68th CSSB

**Top:** Colonel John C. Howard, commander of the 43rd Area Support Group, left, and Command Sgt. Maj. Athena Velez, 43rd ASG, right, case the colors of the 43rd ASG in preparation for its deployment to Afghanistan "The unit has trained hard for its mission. Not only have the Soldiers, leaders and units prepared themselves but so have their families." Howard said.

**Bottom:** Lt. Col. Darrell Duckworth, commander of the 68th Combat Sustainment Support Battalion, left, and Command Sgt. Maj. Colvin D. Bennett, 68th CSSB, right, case the colors of the 68th CSSB, which is deploying to Iraq. "I'd rather be engaging the enemy from afar, than right here in our neighborhoods where our children play," Duckworth said.

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Mountaineer editor (719) 526-4144

Post information (719) 526-5811

Post weather hotline (719) 526-0096

### MUST SEE



National training center downtown.  
See Pages 35-36.

Word of the month: **LEADERSHIP**

## A new U.S.-Iraq strategy pending

Fort Carson Public Affairs

President George W. Bush visited Fort Benning, Ga., Jan. 11 to share thoughts on his new strategy for the war in Iraq.

Bush acknowledged the situation in Iraq is difficult and much different than he'd anticipated it would be at this point. Failure, however, is not an option, he told the crowd.

"One of the wisest comments I've heard about this battle in Iraq was made by General John Abizaid," he said. "He told me, 'Mr. President, if we were to fail in Iraq, the enemy would follow us here to America.'

To ensure success, the president said he is committing more than 20,000 additional troops to the fight, including five brigades to Baghdad and 4,000 troops to Anbar province to help provide security in those areas. The numbers will help ensure that an area, once cleared of insurgents, can be held, he said.

But bigger numbers alone aren't enough to succeed, he said. The troops need a clear mission, which they will have.

The plan also calls for the Iraqi government to appoint a military commander for Baghdad, he told the troops.

"The other thing that's going to have to happen is that the government of Iraq must exhibit the will necessary to succeed. It's one thing to develop a plan; it's another thing to see it through," he said. "I have made it clear that the patience of the American people is not unlimited, and now is the time to act, not only for our sake; it's time to act for the sake of people in Iraq."

As part of the new strategy, U.S. troops will work alongside Iraqi units to help them take the lead in securing their neighborhoods. They will ensure the Iraqi forces left behind to secure a cleared area will be capable of doing so, he said.

Bush acknowledged his new plan calls for some units to deploy earlier than scheduled, and some will have their deployments extended longer than originally anticipated. He promised, however, that he and Congress will provide all the resources the troops needed to win the war.

In response, the secretary of defense directed an increase in forces for Operation Iraqi Freedom. Specific deployments include:

- 2nd Brigade, 82nd Airborne Division, currently assigned as the

call-forward force in Kuwait will move into Iraq this month.

- 1st Brigade, 34th Infantry Division of the Minnesota Army National Guard currently in Iraq will have its mission extended 125 days until July.

- 4th Brigade, 1st Infantry Division will deploy in early February, less than a week previously scheduled.

- 3rd Battalion, 43rd Air Defense Artillery Regiment, a Patriot Missile battalion, will return to the Persian Gulf region in February.

In addition to these deployments, the following units have been placed on deployment orders and the Army will continue to focus manning, training and equipping these units for full-spectrum operations in Iraq:

- 3rd Brigade, 3rd Infantry Division, to deploy in March.

- 4th Stryker Brigade, 2nd Infantry Division, to deploy in April.

- 2nd Brigade, 3rd Infantry Division, to deploy in May.

According to an Army announcement, other combat-support and combat-service-support units will be deployed or extended in Iraq, as necessary, to support this increase. Those units will be identified at a later date following further mission analysis. At this time, Fort Carson-based units are not scheduled for early deployments or delayed departures.

In a related action, the active-duty Army will grow by 65,000 personnel over the next five years, Defense Secretary Robert Gates said during a White House news conference Jan. 11.

"The president announced last night that he would strengthen our military for the long war against terrorism by authorizing an increase in the overall strength of the Army and Marine Corps," Gates said. "I am recommending to him a total increase in the two services of 92,000 Soldiers and Marines over the next five years."

The increase will make permanent the 30,000 temporary increase in Army end-strength. The service will then increase in annual increments of 7,000.

The Army has a current end-strength of 512,400. Under Gates' proposal, the Army's end-strength will grow to 547,000.

The increase will give Soldiers more "dwell time" at home, officials

See **Strategy** on Page 3





Cut out this article



# Do something for the troops

by Douglas M. Rule  
Fort Carson Public Affairs Office

There isn't a day that goes by that someone on Fort Carson doesn't get a phone call or an e-mail asking what the sender can do for Fort Carson Soldiers who are deployed overseas.

Usually the response is a heartfelt thanks and suggestions to contact charitable organizations that support all deployed military personnel, local charities that do similar things or family readiness groups. Now we have a definitive answer for this time period.

From March 19-23, Fort Carson and the U.S. Air Force Academy will host a blood drive. This is not the normal "roll up your sleeves and give to the local agency" kind of drive. This is part of the Armed Services Blood Program.

The Armed Services Blood Program collects blood, processes it within the Department of Defense and immediately sends it out to the field, where it is most needed. That need, right now, is in Iraq and Afghanistan. A single unit of blood can mean the difference between life and death for an injured servicemember in the field. It can mean the difference between losing a limb or keeping a leg or arm.

When an outside organization comes onto Fort Carson or the Academy to collect blood, that organization processes the blood, then sells it to whoever needs it. When the Army, Air Force, Navy or Marine Corps buys the blood back, even if it

came from a Soldier, Airman, Sailor or Marine, it can cost the government about \$680. Not only that, there can be negotiating about trading blood — larger amounts of more common blood types for lesser quantities of rarer blood. So in order to get a unit of O negative blood, one might have to wheel and deal with five units of O positive. The ironic situation is that if there were a natural disaster locally and blood was desperately needed, the Army would donate what they have on hand gratis.

The goal for Fort Carson is 1,600 units. That would be 1,600 donors spending less than an hour, giving up a renewable resource. But Fort Carson is looking to exceed expectations. Why? Because 1,600 units are less than what is needed in Iraq for just one month. ASPB reports that about 500 units are needed each week. One Soldier recently needed 300 units alone.

When the blood is drawn here or at the Academy, it will be taken to Peterson Air Force Base and flown to Fort Hood, Texas, for processing. Within 72 hours, that same blood may be in a field hospital in Iraq saving the life of a wounded servicemember.

So, Fort Carson has more than 1,600 Soldiers. More than 3,000 just returned from Iraq. But that is a problem: they just returned from Iraq.

Because of donation restrictions, service-members and civilians who have traveled to Iraq cannot donate for one year. Many of those same people have been stationed in Europe as well.

Unfortunately, being in both locations has the potential for the donor to have a blood-borne disease. We can't save a Soldier then unnecessarily risk his life for something that could have been prevented. Restrictions are outlined at the ASPB Web site [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil) and in the box below.

ASPB has set aside a week when about a hundred Department of Defense medical personnel will come to Colorado Springs to collect blood. They will be at the Air Force Academy March 19-21 and Fort Carson March 22-23. Details will be forthcoming as to times and locations in the *Mountaineer* and the Fort Carson Web site.

What is important it to get the word out now. If you want to donate blood for this drive, you cannot have given blood after Jan. 23. But it is also time to get "mobilized."

Cut this article out. Stick it to your refrigerator. Mark your calendar. Make copies. Take it to church, the office or to your social organization. Reprint it in your bulletin. Send highlights via e-mail to friends and co-workers. Set up a challenge to see how many people you can recruit. Get the word out.

Can't give blood, but want to help? There are a lot of supporting roles you can play. Contact Command Sgt. Major Joseph Van Dyke at 526-2549 or via e-mail at [joseph.vandyke@carson.army.mil](mailto:joseph.vandyke@carson.army.mil) or Master Sgt. Lisa Belsher at 526-0423 or [lisa.belsher@carson.army.mil](mailto:lisa.belsher@carson.army.mil).

You want to give something to the troops? Give them the gift of life.

## Donor restrictions

Most healthy adults are eligible to give blood. However, there are some reasons a person may be deferred from donating — temporarily or permanently. A temporary deferral should not discourage donors from coming back. Deferral criteria have been established for the protection of those donating and those receiving transfusions in accordance with Food and Drug Administration guidelines.

### Iraq Travel Deferral

Potential exposure to leishmaniasis, a disease spread by sand flies, means that those who have traveled to Iraq will be ineligible to donate blood for one year after their return. This deferral has left some of the Armed Services Blood Program's most dedicated supporters temporarily ineligible to donate. Men and women who may be called into combat are some of the ASBP's best donors because they know how important it is to make sure

blood will be there for them or their buddy if they are injured. With a large number of these donors deployed or temporarily deferred, the program needs the support of those who remain eligible to maintain blood supplies required to support service members and their families at home and abroad.

### Mad Cow Deferral

Much attention has been focused on the deferral of blood donors who may have been exposed to variant Creutzfeldt-Jakob Disease, commonly known as Mad Cow Disease. While there have been no documented cases of vCJD being transmitted through blood transfusion, deferral of those who may have been exposed is the prudent course of action until a test to detect vCJD in blood can be developed. Though many people who were stationed in Europe must now be deferred, many others who served in this area may still be eligible. Being

in Europe during specific years and for extended lengths of time are the main things to consider when evaluating whether or not you are eligible to donate. Potential donors will be deferred if they have:

- Traveled or resided in the United Kingdom from 1980 through 1996 for a cumulative period of three months or more.
- Been affiliated with the Department of Defense and been stationed in Europe from 1980 through 1996 for a cumulative period of six months or more.
- Traveled or resided in Europe from 1980 to present for a cumulative period of five years.
- Received a transfusion in the United Kingdom since 1980.
- Received bovine insulin produced in the United Kingdom since 1980.
- Bone Marrow and Organ Donation.

The blood donor travel-related deferral criteria do not apply to organ and bone marrow/hematopoietic stem

cell donation. Those ineligible to donate blood due to potential vCJD exposure may still be eligible to donate organs and bone marrow. Yet another way to save a life!

For information on becoming an organ donor, visit the Organ Procurement and Transplantation Network Web site at [www.optn.org/about/donation](http://www.optn.org/about/donation).

For information on joining the National Bone Marrow Donor Registry, visit the Department of Defense (DoD) Marrow Donor Program at [www.dodmarrow.org](http://www.dodmarrow.org) or the National Marrow Donor Program Web site at [www.marrow.org/index.html](http://www.marrow.org/index.html).

### Other Deferrals

There are reasons other than potential vCJD exposure that may cause donors to be deferred, however, many people who think they will be deferred

See **Donor** on Page 3

### MOUNTAINEER

**Commanding General:**

Maj. Gen. Robert W. Mixon Jr.

**Public Affairs Officer:**

Lt. Col. David Johnson

**Chief, Print and Web Communications:**

Douglas M. Rule

**Staff Writers:**

Michael J. Pach

Rebecca E. Tonn

**Happenings:**

Nel Lampe

**Sports Writer:**

Walt Johnson

**Layout/graphics:**

Jeanne Mazerall

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# NEWS

## Strategy

From Page 1

said. Currently, units are on close to a one-to-one deployment to dwell-time schedule. The increase in end-strength will reduce the stress on deployable active-duty personnel.

Additionally, Bush's new strategy for Iraq includes expanding the number of provincial reconstruction teams from 10 to at least 18 in order to better support political and economic progress, Secretary of State Condoleezza Rice said during a news conference Jan. 11.

Rice joined Gates in discussing some of the measures Bush outlined in the previous night's address to the nation about the new way forward in Iraq. The plan includes 20,000 more U.S. troops on the ground, increased responsibility for the Iraqi government and Iraqi security forces, and more diplomatic and economic initiatives.

Rice told reporters that the State Department, which oversees PRTs in Iraq, is ready to move forward with this effort, with emphasis on the parts of Iraq where the teams are needed most.

"In Baghdad, we will go from one PRT to six, and in Anbar province, from one to three, because local leaders are taking encouraging steps there to confront violent extremists and to build hope for their people," she said.

"Getting more experts into Iraqi provinces to assist the leaders there 'will enhance and

diversify our chances of success in Iraq," she said.

"The logic behind PRTs is simple," Rice said. "Success in Iraq relies on more than military efforts; it requires robust political and economic progress.

"Our military operations must be fully supported and integrated with our civilian and diplomatic efforts across the entire U.S. government to help Iraqis clear, hold and build throughout all of Iraq," she said.

Gates told reporters Bush's new plan offers a better balance of U.S. military and nonmilitary efforts than in the past. "We cannot succeed in Iraq without the important nonmilitary elements Secretary Rice just mentioned," he said.

The PRT concept was first successfully applied in Afghanistan after the Taliban government was removed from power, Robert Tillery, the chief of staff from the (Iraq) National Coordination Team who works with provincial PRTs throughout Iraq, told reporters in Baghdad during an October news conference.

"By helping local governments more effectively address the needs of their citizens, they will gain the support of their people," Tillery said. "Citizen support and confidence in government institutions is critical to a successful democracy."

**Editor's note:** this article is compiled from several related articles released by Army News Service and other information provided to the *Mountaineer*.

## Donor

From Page 2

may be eligible to donate. Not all medical conditions disqualify a person from donating. Some common reasons for deferral are listed below along with indications as to how long a person should refrain from donating. More specific deferral criteria will be added as this site is developed further.

### *You should not donate blood if you:*

- Have donated blood in the last 55 days.
- Have had your ears or any other part of your body pierced in the past 12 months.
- Have had a tattoo or brand in the past 12 months.
- Have had an immunization recently. Deferral times vary from two weeks to one year, depending on the vaccine.
- Are taking certain medications. Most medications do

not disqualify donation — call your local blood donor center to verify eligibility.

- Do not feel well.
- Have a low hemoglobin (iron) level. This will be tested before you donate blood — you may donate as soon as your level meets the minimum criteria.
- Do not weigh at least 110 pounds.
- Have traveled to or visited a malaria endemic area in the last 12 months (a list of malaria endemic areas is available at your local blood donor center)
- Have uncontrolled hypertension. This will be tested before you donate blood — you may donate as soon as your blood pressure meets the criteria.
- Have a cold, flu, or flu-like symptoms. You are eligible to donate once you have been feeling better for three days.
- Are pregnant. You may donate again six weeks after delivery.



# Safety officer's invention saves Humvee-trapped Soldiers

**Story and photo by  
Spc. Chris McCann**

*2nd Brigade Combat Team, 10th  
Mountain Division*

**CAMP STRIKER, Iraq** — One of the top killers of Soldiers in Iraq isn't necessarily combat related. Since operations began there in 2003, many Soldiers have died trying to escape Humvees that have rolled into Iraq's numerous irrigation canals.

When an armored truck is upside down or on its side, it can take three Soldiers to push a door open wide enough for passengers to escape. Doors sunken into mud are nearly impossible to open.

"If you go into a canal, there's a really good chance you won't come out alive," said Bill Del Solar, safety officer for the 2nd Brigade Combat Team, 10th Mountain Division.

After some experimentation, he developed the "Rat Claw," a flat, steel hook that attaches to almost anything

— the Humvee's built-in winch or towing hook, a chain set or aircraft cable. One tug with another vehicle can open the door, or if necessary, pull it completely off.

"If you get a little momentum, you can pull anything off," Del Solar said.

The operation typically takes less than a minute. In the worst cases, it can take three minutes from the time the vehicle goes into the water.

The human brain can go three to four minutes without oxygen before suffering damage, Del Solar pointed out.

"It's a reasonable amount of time for a rescue," he said.

The 4th Battalion, 31st Infantry Regiment, 2nd BCT, 10th Mountain Division, recently used the Rat Claw when a Humvee flipped over in an improvised explosive device explosion. The doors were damaged by the force of the blast, but Soldiers were able to open the vehicle and extract their wounded comrades, including Lt. Col. Michael Infanti, their battalion commander.

"I remember I was pinned inside the truck," said Infanti. "Fuel was dripping on me. I was in pain, but the Soldiers did extremely well and the Rat Claw worked. It took one try and I was out of the vehicle.

"Honestly, I don't know how they would've gotten me out with the

equipment we had on hand, if we didn't have the Rat Claw," he said.

The Rat Claw can be used to turn a vehicle over or even pull it completely out of a canal.

"We hope it will save lives by making it easier for fellow Soldiers to rescue each other," said Del Solar.



*A Humvee door is pulled off during a demonstration of the Rat Claw.*



# MILITARY

*The nose knows*

## Four-legged 'troops' sniff out explosives

**Story and photo by  
Staff Sgt. W. Wayne Marlow**

*2nd Brigade Combat Team, 2nd  
Infantry Division Public Affairs*

**FORWARD OPERATING BASE  
LOYALTY, Iraq** — Two of the 2nd  
Brigade Combat Team's most valuable  
assets never talk about work, preferring  
to let the results speak for themselves.

Even with their quiet demeanor,  
they have uncovered numerous  
weapons caches and explosives, and  
have become two of the most popular  
members of the unit.

They are the unit's two military  
working dogs, Blacky and Frisko. The  
dogs are trained to sniff out explosives  
and chase down insurgents. Getting  
them ready for those essential tasks is  
up to the handlers.

Blacky, a 2-year-old German  
shepherd with a dark-chocolate coat,  
is handled by Air Force Tech Sgt.  
Michael Jones. Jones. The team is  
attached to the 2nd Battalion, 17th  
Field Artillery Regiment.

The other dog team with 2-17th FA  
consists of Frisko, a 6-year-old black-  
and-brown German shepherd and  
handler Senior Airman Adam La Barr.

The initial training takes about 90  
days. The first step is getting the handler  
and dog comfortable with each other.  
Handlers bathe and groom the dogs and  
learn each other's personalities. Next,  
the dogs are drilled in obedience, and  
they begin sniffing for explosives.

All that time and training pays off  
on the battlefield. Merely having a  
dog along pays dividends against  
insurgents, said Jones.

"Just seeing a dog deters them from  
running away or trying to pass weapons  
and explosives through," he said.

But the intimidation and heightened  
senses would be useless without  
human input.

"The dog and handler are a team,"  
Jones said. "One can't work without  
the other."

Part of the handler's role is to



*Air Force Tech. Sgt. Michael Jones, attached to the 2nd Battalion, 17th Field  
Artillery Regiment, 2nd Brigade Combat Team, 2nd Infantry Division, leads  
Blacky on a search for explosives at Forward Operating Base Loyalty.*

See **Dog** on Page 10



# Military briefs

## Miscellaneous

**Harmony in Motion** — is in need of altos and sopranos. Auditions are held at Freedom Performing Arts Center. For more information, contact Sgt. Scott Dickson at 524-3618, 338-2340 or [Scott.Dickson@us.army.mil](mailto:Scott.Dickson@us.army.mil).

**The Indoor Pool** — will be closed Jan. 27, Feb. 3 and Feb. 10 for military training. Call 526-3107 if you have questions.

**The Environmental Health section of Preventive Medicine** — offers training on a variety of topics. Call 526-7922, 526-5274, or 524-7375 to schedule a training session for your unit. Courses include the following topics:

**Heat Category Monitoring:** Each company or unit's Field Sanitation Team is responsible for monitoring the Wet Bulb Globe Thermometer. EH can train units on how to use this equipment. If your unit needs to order the WBGT, the National Stock Number is 6665-00-159-2218.

**Food Service Sanitation Training:** EH offers Food Service Sanitation Training for any employees of the DFACs, AAFES, CYS, both military and civilian. The four-hour refresher course is offered monthly, and the eight-hour initial training is held once every other month. The next four-hour refresher courses will be Jan. 30, Feb. 27, March 27 and April 24 from 8 a.m.-noon. The next eight-hour initial training classes will be March 8 and May 10 starting at 8 a.m. All classes will be held in the conference room in building 2059. Contact Jim Trainer at [james.trainer@amedd.army.mil](mailto:james.trainer@amedd.army.mil) or 526-5274 or Capt. Teal Reeves at 526-7922 to reserve a seat.

**Other classes available:** EH also teaches classes to units on heat and cold-injury prevention, sexually transmitted diseases, hearing conservation, medical threat briefings for units that are approaching deployment, field sanitation team, and personal hygiene. Call 526-7922, 526-5274, or 524-7375 to schedule any of these classes or to get more information.

**Food Service special events** — Family Readiness Groups and units that conduct fundraisers by selling limited food items are required to fill out an application and checklist for their event. Contact Capt. Teal Reeves at 526-7922, or Sgt. Misty Gordon at 526-7375 for details and a copy of the paperwork needed. The application and checklist are also available through unit Family Readiness Groups.

**Operation Warrior Trainer** — The OWT program is looking for reserve component Soldiers returning from overseas operations to serve as observer/controller trainers. Reservists have 180 days to apply following demobilization. Call Lt. Col. Michael Hauser at 526-5501 for details or visit [www.first.army.mil](http://www.first.army.mil) and click on the Uncle Sam poster.

**Officer Candidate School** — Packet submissions for direct select and local OCS are now handled by the Personnel Services Battalion in building 1218, room 160. OCS direct selection is in effect until Sept. 30, 2007, and there are still slots open. Contact Tom Grady at 526-3947 for more information.

**Finance in- and out-processing** — The in- and out-processing section of finance has consolidated its operations on the second floor of building 1218. Travel and accessions moved from the first floor of building 1218 to the second floor.

Customers for in- and out-processing should go to room 230 in building 1218, sign in and wait for a technician. Phone numbers remain the same: separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in- and out-processing 526-6230.

**DPW services** — The Directorate of Public Works is responsible for a wide variety of services

on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk can be reached at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

## Hours of Operation

**CIF Regular business hours** —The Central Issue Facility has changed its operating hours. The CIF is no longer open on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

### In-processing

Monday-Thursday from 7:30-10:30 a.m.

### Initial issues

Monday-Thursday from 12:30-3 p.m.

### Partial issues

Monday-Thursday from 12:30-3 p.m.

### Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

### Direct exchange

Monday-Thursday from 12:30-3 p.m.

### Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

### Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.
- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

**Military Occupational Specialty Library** — Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

**Trial defense service hours** — TDS hours of

operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments and emergencies. Chapters briefings are held Tuesdays and Thursdays at 1 p.m., and Article 15 briefings are held Tuesdays and Thursdays at 1:30 p.m.

**Claims Division hours** — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m, Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

**Wolf Inn** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

**Butts Army Airfield** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

**Putton Inn** — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

**10th SFG** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**Retirement briefings** — are held every second and third Wednesday of the month.

**Special Forces briefings** — will be held Wednesdays at building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

**ACAP briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m. to building 1117, room 114. Call 526-1002 to schedule the briefing.

**ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.



"Better Opportunities for Single Soldiers"

**BOSS meeting** — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.



## New policies to relieve stress, promote unit cohesion

**by Donna Miles**

*American Forces Press Service*

**WASHINGTON** — The new Defense Department policy limiting the duration of call-ups to 12 months is already in effect for National Guard and Reserve members being ordered to active duty, the senior DOD reserve affairs official reported Tuesday.

The new mobilization limits, announced Jan. 11, are designed to reduce stress on the force and keep reserve-component servicemembers from leaving the military, Thomas F. Hall, assistant secretary of defense for reserve affairs, said.

Hall said Defense Secretary Robert M. Gates' policy recognizes that the 18- to 24-month mobilizations many Guard and Reserve members faced were creating too heavy a burden.

Servicemembers, as well as their families and employers, spoke, and Hall said the Defense Department listened. "We have come to the conclusion that based on numerous inputs, that 18 to 21 months over a long war, over a career, is just too much," he said. "It is over and above what employers and families and individuals will accept and still remain in the Guard and Reserve."

Hall reported that the military is also working to stretch out the time between

involuntary reserve-component call-ups.

DOD's goal is to give reserve-component members five years at home between one-year deployments. For active-duty troops, the goal is two years at home station after each one-year deployment.

Hall acknowledged that turnaround times for both active- and reserve-component troops have frequently been far shorter and that this needs to change.

"We recognize that we're getting to a situation where we need to make sure we adequately spread the burden between the active, Guard and Reserve (force)," he said.

But in cases in which troops must deploy early or have their deployments expended — a situation Hall acknowledged will sometimes happen — he said he's all for a new plan to compensate the affected troops. "We think it is quite reasonable that you should receive additional compensation, and that will soon be in place," Hall said.

Another new policy change — that Guard and Reserve troops will deploy as units rather than individuals — also is drawing wide approval, Hall said. The plan also calls for eliminating "cross-leveling," a practice used to fill manpower slots in deploying units.

Hall described the problem with cross-leveling. When a Reserve unit is

identified for deployment but doesn't have all its positions filled, those gaps get filled by smaller units or individuals from other units. But when those other units get deployed, they now have gaps, too, because their troops are either deployed or just returned from a deployment. "This just creates a ripple effect," Hall said.

The problem is particularly troublesome in the Army and Marine Corps, which tend to deploy their combat and combat-service-support elements as units, he said.

Under Gates' new policy, Army and Marine units will deploy as a whole. "So, when your unit is called, if you are serving in that unit, you will go, even if you might have mobilized before," Hall said. "This will promote cohesion and will be a better planning factor."

As these policies take effect, Hall said he's convinced Guard and Reserve troops will continue to "step up" when the country needs them.

"They will answer the call, just like our forefathers did, and we will fight and win this battle against the forces of international terror," he said. "And it will be because of our people and their commitment; and I want to personally thank each and every one of them in the active, Guard and Reserve for what they are doing for our country."



*Spc. Daniel Parreira, 102nd Infantry Regiment, Connecticut National Guard, attached to Task Force Gauntlet, 10th Mountain Division, pulls security duty while Afghan National Police officers investigate a construction roadblock while on patrol in Bagram, Afghanistan, Nov. 16.*

Photo by Sgt. 1st Class Dexter D. Clouden

# Honoring fallen heroes



**Sgt. Michael R. Hamel**  
*July 10, 1964 – Dec. 5, 2006*

Sgt. Michael R. Hamel, 3rd Squadron, 61st Cavalry, 2nd Brigade Combat Team, 2nd Infantry Division, passed away Dec. 5 from pancreatic cancer. He is survived by his wife Lisa, his parents, Ronald and Jeanette, and his two children, Laura and Adam.

Hamel was born in Fitchburg, Mass., and he served in the Navy from 1982 to 1988.

Hamel's awards and decorations include the Bronze Star, Purple Heart, Navy "E," Navy Good Conduct Medal, National Defense Service Medal, Global War on Terrorism Medal, Army Service Ribbon, Navy Sea Service Deployment Ribbon and basic marksmanship qualification badge.



**Sgt. Yevgeniy "Eugene" Ryndych**  
*April 12, 1982 – Dec. 6, 2006*

Sgt. Yevgeniy Ryndych of Brooklyn was killed in action while serving with the 1st Battalion, 9th Infantry Division, 2nd Brigade Combat Team, 2nd Infantry Division, in support of Operation Iraqi Freedom. He is survived by his parents, Sergey and Stanislava.

Ryndych's awards include the Bronze Star, Purple Heart, Army Commendation Medal, Army Achievement Medal (two oak leaf clusters), Army Good Conduct Medal, National Defense Service Medal, Combat Infantryman Badge, Iraq Campaign Medal, Korean Defense Service Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Medal and Army Service Ribbon.

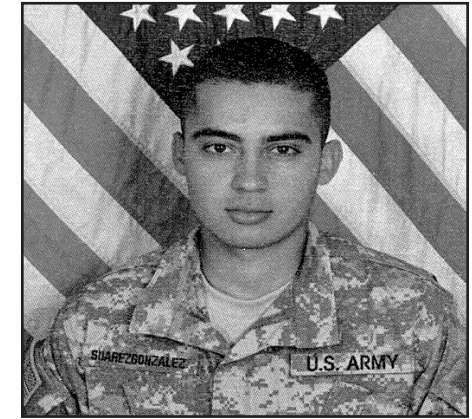


**Pfc. Albert M. Nelson**  
*Dec. 19, 1974 – Dec. 4, 2006*

Pfc. Albert M. Nelson was killed in action while supporting Operation Iraqi Freedom. He was a rifleman with the 1st Battalion, 9th Infantry, 2nd Brigade Combat Team, 2nd Infantry Division and is survived by his parents, Albert Sumter and Jean Figgins.

Nelson was born in Philadelphia and joined the Army Oct. 13, 2005.

Nelson's awards and decorations include the Bronze Star, Purple Heart, Army Good Conduct Medal, National Defense Service Medal, Combat Infantryman Badge, Iraq Campaign Medal, Global War on Terrorism Service Medal, and Army Service Ribbon.



**Pfc. Roger A. SuarezGonzales**  
*May 8, 1984 – Dec. 4, 2006*

Pfc. Roger A. SuarezGonzales was killed in action while supporting Operation Iraqi Freedom. He was a rifleman with the 1st Battalion, 9th Infantry, 2nd Brigade Combat Team, 2nd Infantry Division and is survived by his wife Leidy-Johana and parents, Roger and Marisol.

SuarezGonzales was born in Miami and joined the Army Oct. 13, 2005.

SuarezGonzales' awards and decorations include the Bronze Star, Purple Heart, Army Good Conduct Medal, National Defense Service Medal, Combat Infantryman Badge, Iraq Campaign Medal, Global War on Terrorism Service Medal, and Army Service Ribbon.





Photos by Mike Pach

**Above:** The honor guard fires a 21-gun salute for the Soldiers honored at the memorial service held at Soldiers' Memorial Chapel Jan. 10 as 1st Sgt. Ret. Ernie Mazurkiewicz readies himself to play taps. **Above center:** The helmets, rifles and identification tags of the honored Soldiers stand atop displays at Soldiers' Memorial Chapel. **Above right:** Pfc. Paul Taylor, 1st Battalion, 9th Infantry, 2nd Brigade Combat Team, 2d Infantry Division, holds the identification tags of his friend, Pfc. Albert Nelson. **Right:** Pfc. Paul Taylor, salutes his friend, Pfc. Albert Nelson, as he stands in front of the displays in Soldiers Memorial Chapel Jan. 10.







Photo by Sgt. Paula Taylor

## Gaining operational independence

*Col. Stephen Twitty, commander, 4th Brigade Combat Team, 1st Cavalry Division, congratulates Gen. Jamal, commander, 2nd Iraqi Army Division after the Memorandum of Understanding signing Jan. 15 in Al Kindi, Iraq. The MOU releases the 2nd IA from U.S. control to the Iraqi Ground Forces Command.*

## Dog

From Page 5

point out areas for the dogs to search. Handlers base the dog's training plan around areas the dog needs to improve.

"Blacky is not as good at finding things high up ... so in training, I make it where he would want to go up high. I put a couple of training aids up, to show him, sometimes, it's up there," Jones said.

In the real world, though, the trainer wouldn't know where the bomb is placed. This is where the dog's nose comes in handy, and the handler has to understand the dog.

When Blacky comes upon a suspected explosive, he reacts passively.

"He won't be aggressive, he won't paw at it," Jones said. "We don't want that, if there's a bomb in there. (The explosive ordnance disposal team) gets paid to go in and mess with it."

Instead, Blacky sits by the suspected explosive or lies down, if it is lower. Sometimes the response can be even more subtle.

"I look for changes in his behavior, to see when he's curious about something," Jones said.

Frisko reacts in a similar way, but each dog has his own method, La Barr said.

The dogs teams' workload is

intelligence-driven, but they usually go on about five missions each week. While the basic job is always the same, it's an ever-changing game.

"We adapt our techniques to what the enemy would be using," Jones said.

The dogs have found multiple weapons caches and explosives, he added. When they find something, the dogs get a treat, of sorts. Jones or La Barr breaks out a misshapen lump of rubber that vaguely resembles a beehive. Blacky and Frisko get to play with the object as the reward for making a find.

"They know if they find something, they're going to get that one toy and they're excited," La Barr said.

While people naturally gravitate to the dogs, Jones said it's important to remember they are not pets.

"Everyone thinks they can play with them," he said. "They are trained to be handler-protective. He's still an animal."

As such, the handlers never allow anyone to pet the dogs. "That might soften them up, or it could be seen by the dog as an attack," La Barr said.

Both handlers said working with dogs is a great job.

"A lot of people over here miss their pets," La Barr said. "He's not a pet, but I have a dog I can relate to."



# COMMUNITY

## *Soldier Readiness Center*

# Your one-stop health shop

Story and photos by  
**Michael J. Pach**

*Mountaineer staff*

The Soldier Readiness Center has it all when it comes to making sure our Soldiers are healthy in mind and body. Every Soldier who returns to Fort Carson from combat is screened at the SRC for physical and behavioral symptoms. With a staff that includes physicians, nurse practitioners, licensed practical nurses, behavioral specialists, social workers, primary care managers, an optometrist, an audiologist and a pharmacologist, most issues can be diagnosed and treated on site.

Soldiers are not only screened during post-deployment sessions, they are screened prior to deployment, 90 and 180 days after deployment and during annual periodic health assessments. As a result, most Soldiers on post have their health evaluated three or four times per year at the SRC.

"I believe this is the best health care organization in the nation because we look at the eyes and the ears, we update immunizations and blood work, we have primary care managers and doctors here for the Soldiers to consult, and we have behavioral health specialists," said Col. Heidi Terrio, chief of the Department of Deployment Health on post.

Two of the issues the SRC concentrates on are behavioral health due to combat stress and traumatic brain injury, and it has taken the initiative to implement a pilot program that will form the basis for how the Army treats Soldiers struggling with these problems.

Lt. Col. Laurel Anderson, the officer in charge of the behavioral

health program at the SRC, has implemented training programs for Soldiers and their families called Battleminds. Battleminds was developed at Walter Reed Army Institute of Research and helps Soldiers realize that the skills they have learned to survive in combat can cause issues when trying to re-adjust to life at home.

"It basically teaches them that you have a certain frame of mind when you go to war so you can survive. That's your 'battlemind' frame of mind, but when you come home, those skills don't always serve you well. You have to change some of those behaviors into home front behaviors," said Anderson.

Anderson and the SRC staff are also working on eliminating the stigma associated with behavioral health issues. Soldiers may have difficulty reporting such problems due to fear of ridicule or if they feel they will not receive the support they need from their leaders, friends or families.

It is for these reasons that Anderson conducts presentations to all Soldiers, ranked sergeant and above, that cover the warning signs of behavioral health issues, discuss stigma reduction and leader accountability and list resources available to Soldiers and their families.

Anderson said the key to managing combat stress is to have it treated as soon as possible and that 96 percent of Soldiers who have combat stress treated in the field return to duty. Anderson also has this advice for all leaders who have Soldiers suffering from combat stress.

"Combat stress is a combat

See **SCR** on Page 22



*Licensed practical nurse, Gessica Estensen, gives Sgt. 1st. Class Brian Watson, 43rd Area Support Group, an immunization injection at the Soldier Readiness Center.*

## Battleminds Training

*Battlemind skills helped you survive in combat, but may cause you problems if not adapted when you get home.*

### **Buddies (Cohesion) vs. Withdrawal**

Cohesion in combat results in bonds with fellow Soldiers that will last a lifetime, but back home, re-establishing bonds with friends and family that have changed takes time.

### **Accountability vs. Controlling**

Accountability at home means the small details are no longer important; family decisions and personal space are best shared.

### **Targeted Aggression vs. Inappropriate Aggression**

Targeted aggressiveness: in combat, the enemy is the target; back home, there are no enemies.

### **Tactical Awareness vs. Hypervigilance**

Tactical awareness in combat requires alertness and sustained attention; at home, it takes time to learn to relax.

### **Lethally Armed vs. "Locked and Loaded" at Home**

In combat, it's dangerous to be unarmed; at home, it's dangerous to be armed.

### **Emotional Control vs. Detachment**

Emotional control in combat is necessary; at home, limiting your emotions leads to relationship failures.

### **Mission Operational Security vs. Secretiveness**

Operational security: the "need to know" now includes friends and family

### **Individual Responsibility vs. Guilt**

Responsibility in combat involves making life and death decisions in the heat of battle; at home, it is learning from these decisions without second guessing.

### **Non-defensive (combat) Driving vs. Aggressive Driving**

Combat driving is necessary to avoid danger in the combat zone, but it is dangerous at home, even though it may "feel right."

### **Discipline and Ordering vs. Conflict**

Giving and following orders involves a clear chain of command which does not exist within families and friends.

Source: Walter Reed Army Institute of Research, [www.battleminds.org](http://www.battleminds.org).



*Jeannie Phillips, physician's assistant, conducts a medical screening for Sgt. Jason Ray, 148th Military Police, at the Soldier Readiness Center.*



# Community briefs

## Miscellaneous

**Family Night dinner at the Youth Services Center** — is Jan. 26, from 5:30-7 p.m. Cost is \$3 per person; children 2 and under are free. Make your reservation and buy tickets at the youth center, building 5950, by Jan. 22. For more information call 526-2680.

**The Fort Carson Thrift Shop** — is having a sale, Jan. 30, from 10 a.m.-1 p.m. All merchandise is 25 cents. Furniture, appliances and military clothing are not included.

**Free tax services available** — for all active duty servicemembers, mobilized reservists, servicemembers receiving retirement or disability pay and family members or surviving family members of the aforementioned. Opening day is Jan. 29 at 9 a.m. at the Fort Carson Tax Center on Woodfill Road, building 6284. Hours of operation: Mondays-Thursdays, 8 a.m.-6 p.m.; Fridays, 8 a.m.-5 p.m.; Saturdays, 9 a.m.-2 p.m. Closed on federal and training holidays. Information to bring: military identification, all W-2 forms, Social Security cards for Soldiers and all dependents, copy of 2005 or prior-year tax return. For more information call 524-1012/1013.

**Nurturing the Nature of Your Child: A Parent Training Seminar** — Offered by the Gurian Institute Training Division, the seminar will be taught by co-author of “The Minds of Boys,” Kathy Stevens, director of the GITD, and GITD trainer, Mittie Pedraza, both of Colorado Springs. The parenting session will be Jan. 27 from 9 a.m.-1 p.m. at the Elkhorn Conference Center, 7300 Woodfill Rd., Fort Carson. Registration and continental breakfast start at 8:15 a.m. Registration will be \$50 at the door. To preregister for the seminar, send a check for \$35, payable to Gurian Institute, at Gurian Institute Training, P.O. Box 60160, Colorado Springs, CO 80960. For further information call Marcia Watson-Hilton at 635-0651 or e-mail her at [Marcia@thegitd.com](mailto:Marcia@thegitd.com). Go to [www.gurianinstitute.com](http://www.gurianinstitute.com) to learn more about GITD.

**DECAM Christmas tree recycling** — The Directorate of Environmental Compliance and Management Wildlife Office will recycle Christmas trees again this year. The trees will be used to improve wildlife habitat for small animals and birds and to improve fisheries habitat in our ponds and reservoirs. Trees can be dropped off at either of two sites: Specker Avenue site: asphalt parking lot across the street from building 2425, north/east side of Specker Avenue, one-half mile south of Burger King. Collection area will be set up on the north end of the lot; and Harr Avenue site: Apache Village on Harr Street, less than one-half mile southwest of Chiles in the parking lot on the north side of the basketball courts. The stations will be operated until the end of January. Please remove all ornaments and tinsel before dropping off trees. For more information call DECAM Wildlife Office at 579-9094.

**Motion for Moms** — A low-impact exercise class for pregnant and post-partum women, sponsored by Evans Army Community Hospital. Every Tuesday and Thursday, from 9-10 a.m., at the Garcia Fitness Center. Call Rhonda Tulensa at 526-7030 for registration and information.

**Job openings** — Fountain-Fort Carson School District Eight has openings for an assistant kitchen manager and for food-service workers. For more information call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

**Video Messenger** — is free at the library. Soldiers and family members can record a video in either mini-DVD or VHS before and during deployments. Call 526-2350 to schedule an appointment.

**Alcoholics Anonymous meetings** — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

**Harr Avenue reconstruction** — from Titus Boulevard north to Coleman Avenue will begin Monday and continue for approximately 12 months, in four phases. Phase one includes the Titus Boulevard intersection to a point south of the north entrance to Aleutian Circle, and weather permitting, will be completed by the end of February. The contract includes replacing all of the asphalt, pouring concrete curb and gutters on both sides of the road, and the construction of 800 linear feet of sidewalks along the east side of the road.

**Hypertension class** — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, building 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

**No physical training zone** — The area under construction, north of Ranges 69 and 5, should not be used for any training at any time. Construction is under way. The area is bracketed to the north by Khe Sahn Street, to the east by Barkeley Avenue, and to the west by Brown Road, Titus Boulevard and Specker Avenue.


**Post Traumatic Stress help** — “LZ Calvary” is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God’s word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr. Call Robert P. Schaffer at 390-8096 or 510-6009.

**Child and Youth Services, Caring Saturdays** — Free child care for families of deployed Soldiers is offered the first and third Saturday of each month, from noon to 7 p.m., in the East Child Development Center, building 6058.

Families must bring a copy of their sponsor’s deployment orders and their child’s up-to-date immunization record. For reservations call 524-4218. For further information call 526-1101.

**Evans Army Community Hospital** — The correspondence division of the Patient Administration Department will be closing Thursdays from noon-6 p.m. Release of information requests will not be taken during this time. This will create faster turnaround time for copies of records.

**Ongoing road closures** — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson’s Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson’s Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.



Army Community Service (ACS)  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

*A Free and Confidential Discussion Group for Soldiers  
Transitioning from the War Zone to the Home Zone*

# To War and Back

## Every Monday 11:30 A.M. to 1:00 P.M. Family University (Corner of Ellis & Barkeley)

DISCUSSION TOPICS WILL INCLUDE:

- Battlefield Skills That Make Returning to Civilian Life a Challenge
- Safety & Tactical Awareness vs. Hypervigilance
- Trust & Identifying the Enemy-Targeted vs. Inappropriate Aggression
- Accountability vs. Control
- Response Tactics & Decision Making
- Emotional Control vs. Detachment/Withdrawal
- Talking About the War

For more information call Dean Allen (Military Family Life Consultant) at (719) **338-7816** or Army Community Service (ACS) at (719) **526-4590**.

**Claims against the estate** — Those with claims of indebtedness to the estate of Spc. Adam Ostfeld, deceased, should contact 1st Lt. Michael Day at 352-7283.

Those with claims of indebtedness to the estate of Pfc. Tyler McCormick, deceased, should contact Chief Warrant Officer 3 Matthew T. Gibbs at 339-8641.

Those with claims of indebtedness to the estate of Sgt. Jae Sik Moon, deceased, should contact Chief Warrant Officer 3 Matthew T. Gibbs at 339-8641.

Those with claims of indebtedness to the estate of Spc. Elias Elias, deceased, should contact Chief Warrant Officer 3 Matthew T. Gibbs at 339-8641.

Those with claims of indebtedness to the estate of Sgt. John Michael Sullivan, deceased, should contact Chief Warrant Officer 3 John D. Varner at 526-3340.

Those with claims of indebtedness to the estate of Sgt. Javier Gurrusquieta, deceased, should contact Capt. Ethan Loeffert at 524-2094.

Those with claims of indebtedness to the estate of Sgt. Yevgeniy Ryndych, deceased, should contact 2nd Lt. Jacob T. Carlisle at 526-9587.

Those with claims of indebtedness to the estate of Pfc. Albert Markee Nelson, deceased, should contact Capt. Ricardo Ocasio at 526-8890.

Those with claims of indebtedness to the estate of Pfc. Roger Alfons Suarezgonzalez, deceased, should contact Chief Warrant Officer 3 John D. Varner at 526-3340.



*Harmony in Motion profile*

# Going from tanks to tunes

**Story and photo by  
Michael J. Pach**

*Mountaineer staff*

Pfc. Lee Gadfield is a tank mechanic with the 2nd Brigade Combat Team, 4th Infantry Division and is one of Harmony in Motion's



*Pfc. Lee Gadfield of Harmony in Motion practices a song with the help of Sgt. Scott Dickson.*

newest members.

Gadfield saw Harmony in Motion perform during a retirement ceremony at Manhart Field, approached noncommissioned officer in charge, Sgt. Scott Dickson, and asked how he could become part of the group. Dickson asked him to come to Freedom Performing Arts Center for an audition, and he passed. Dickson submitted a letter of acceptance to Gadfield's sergeant major who then composed a letter of release allowing him to leave his unit. Gadfield will be part of the group for a year with the option to extend his stay for an additional year.

Gadfield has no formal music or vocal training, but learning to sing has been a long-term goal of his.

"It's been a goal of mine ever since I was a kid to be able to sing," said Gadfield. "I've been training myself by listening to music. I've had no vocal training at all."

Gadfield is an example of how someone doesn't have to be a musical genius to be part of Harmony in

Harmony in Motion is currently in need of female singers. The group will be holding open auditions to fill a number of vacancies. Soldiers interested in singing with the group should contact Sgt. Scott Dickson at 524-3618, 338-2340 or by e-mail at [scott.d.dickson@us.army.mil](mailto:scott.d.dickson@us.army.mil). More information can be found on the Web site at [www.carson.army.mil/harmony](http://www.carson.army.mil/harmony). Applicants need to have a love of music and singing. The ability to read music is a plus but not a requirement.

Motion. His natural talent and love for music earned him a position with the group, and he will receive training on how to read music from Dickson and the other singers.

"Pfc. Gadfield's enthusiasm and love for music combined with his dedication to the Harmony in Motion mission make him a welcome addition to the group. He has a great tenor voice that will add a new dimension to our performances," said Dickson.

Gadfield began his Army career when he joined the reserves in his junior year of high school. He went through basic training at Fort Knox,

Ky., between his junior and senior years. He decided to enlist after graduation and completed his advanced individual training at Fort Knox where he was trained as a heavy-wheel mechanic.

"I became active duty because of the lack of job opportunities in my town, because my grandfather served in World War II and I wanted to see if I had what it takes," he said.

After being transferred to Fort Carson in October 2002, Gadfield was trained as a tank mechanic and was deployed to Iraq twice in

# Even sheep need leaders

**by Chap. (Capt.)  
Thomas J. Lesh**

*2nd Brigade Combat Team,  
4th Infantry Division*

Back in the middle of November 2005, I was a passenger in a Sherpa (small cargo aircraft), flying from Ballad (Anaconda), in central Iraq to Tallil (Adder), in southern Iraq. At one point in the flight, we were at a low altitude in the late afternoon, and I had a bird's eye view of the shepherds bringing the sheep into their folds. If it were possible for me to be quick enough, I could have counted every sheep and shepherd.

What I saw was amazing to me. From my vantage point, I could distinguish the herds of sheep clustered together, even though they were grazing together in the fields. I could see that every herd was about the same size. It appeared that each herd had only one shepherd, who was focused on them, well positioned to handle any need.

I saw herds that were in every stage of the process of closing out the day. Some herds were clustered in their fold, where they would stay until morning. Other herds lined the water troughs; spaced just right to allow room for every sheep to partake.

I saw other herds being led to the troughs. They followed their shepherd in a single file. I saw other herds in the fields just beginning to be brought in from the fields, the sheep leaving the cluster, falling in line behind the shepherd without prodding. It looked like a precision drill. Everybody knew what they needed to do, and they did it. (I'm sure if I were on the ground I would have seen some coaxing.)

The reason the picture before me was so striking was that for more than 20 years, I have spoken with many farmers about sheep. Some with large herds and some with only a few sheep (and usually goats as well); and they were all adamant that sheep are difficult. Like working with oblivious and unruly children, the example of sheep will cause even the most idealistic person to pause when considering a career working with people. The behavioral parallels are so similar that even the Bible often compares people with sheep (and goats).

One Sunday evening, I was attending a worship service where that pastor shared a very memorable sermon. "God wasn't paying us a compliment when he said we are like sheep," the pastor repeatedly stated with his distinct Texas drawl, "because sheep are dumb." As a young man, he had often helped on his uncle's cattle ranch, but one summer he took a job working on a sheep ranch. The

stories he told were so vivid, and completely consistent with everything I had seen and heard before and since. Sheep really do provide excellent illustrations of what it is like to deal with difficult people.

Here in the United States, we usually herd our sheep like cattle, moving them by prodding from behind and from the sides. But these sheep before my eyes were being led, and they followed cooperatively. As I prayed, "Wow, God, how can this be, in light of all that I've heard about sheep?"

And I could hear the Holy Spirit speak to my heart: "It is how they are led."

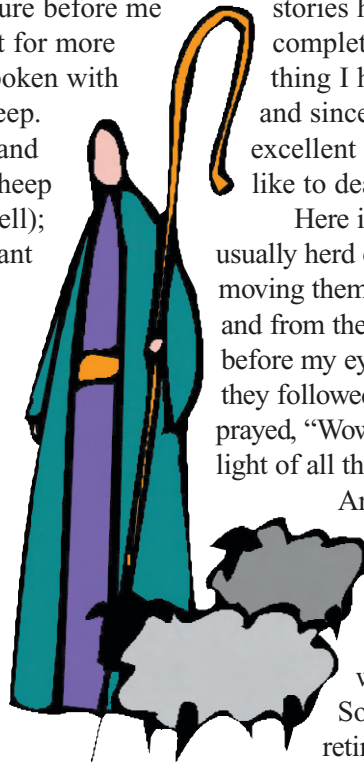
It was obvious that some of the shepherds were young teenagers. Some appeared well past retirement age. Training based

upon the wisdom of thousands of years of shepherding was being passed from one generation to the next.

I was reminded of the passage of scripture in the Gospel of John, chapter 10. (In fact, I was seeing it through the window.) Jesus said, "I am the door; if anyone enters through me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd; the good shepherd lays down his life for the sheep," John 10:9-11.

Our Army now has many officers and noncommissioned officers who have led their Soldiers into combat. Soldiers need to be proficiently trained, and families must be cared for. The leader who truly cares for his/her troops, making sure every need is addressed well, is one the troops will trust and follow into the most difficult and challenging of circumstances.

Jesus said, "To him (the shepherd) the doorkeeper (of the sheepfold) opens, and the sheep hear his voice, and he calls his own sheep by name and leads them out. When he puts forth all his own, he goes ahead of them, and the sheep follow him because they know his voice," John 10:3-4.





## Chapel

### Soldiers' Memorial Chapel Protestant

**Sunday School** — Join us for "Treasure Island." Protestant Sunday School key scripture theme of "Give as freely as you have received" (Matthew 10:8). Classes study key Bible stories while also having fun with music and games. Classes for all ages are in session each Sunday from 9:30-10:30 a.m. Registration may be completed Sunday morning at Soldiers' Memorial Chapel, building 1500 (near the post exchange and East/West Child Care Centers). This year's program is musical, energetic and fast paced. Bible classes for adults are also provided each Sunday. Come join in the fun.

**AWANA** — Because children matter to God. What is influencing your children? Today's children are being influenced by so many things — the media, their friends, school and even video games.

AWANA teaches children that God is real, and that he loves them. AWANA clubs give children clear guidance in a world of conflicting messages.

AWANA is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ, and train them to serve him. AWANA on Fort Carson is sponsored by the Fort Carson Chaplain Program.

The Fort Carson AWANA Club meets Thursdays at Soldiers' Memorial Chapel from 5-7 p.m. Registration forms are at Soldiers' Memorial Chapel.

Adult and teen volunteers are still needed to serve in this ministry. If you have a heart for reaching children with the love of Jesus, join the team. For more information call Stacy Chapman at 382-3970.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fritts/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoa	Veterans'	Titus	Chap. Fritts/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

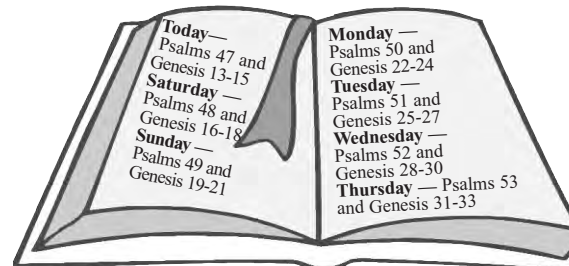
### WICCA

Monday 6:30 p.m. building 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or [erwincl@msn.com](mailto:erwincl@msn.com); or Zoe Goodblanket 442-0929.

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



### The Army Cycle of Prayer —

Please pray this week for the following:

**Unit:** For the Soldiers, families and leaders of the U. S. National Guard stationed for security along the Mexican/United State border.

**Army:** For the dedicated officers, noncommissioned officers, Soldiers and veterans of the Cavalry Corps, with its regimental home located at Fort Knox, Ky.

**State:** For all Soldiers and their families from the state of Louisiana. Pray also for Gov. Kathleen Blanco and the state legislators and municipal officials of the Pelican State.

**Nation:** For the five members of the joint chiefs of staff, chaired by Gen. Peter Pace, U.S. Marine Corps, with the task of advising the president and secretary of defense on all military issues.

**Religious:** For the clergy and congregations of the American Baptist Churches, and for the chaplains endorsed for military ministry by that community of faith.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at [www.armychaplain.com](http://www.armychaplain.com).

# Winter drops snow, temperatures

**by Nel Lampe**

*Mountaineer staff*

Old Man Winter made sure Colorado residents don't forget who is in charge of winter weather. Four weeks in a row the white stuff piled up high late December and into January, with commuters in some parts of town facing huge snow drifts. School districts delayed openings or closed completely, as did shopping centers, post offices and Army and Air Force Bases. The winds blew and temperatures fell to zero or below.

Fort Carson called for delayed reporting or early release several days, and closed completely on four other days. The Fort Carson weather plan worked.

Anyone who missed the winter weather article in the Mountaineer Oct. 27 might want to take a look at the post winter weather plan:

In the event heavy snowfall begins during the night, several people at Fort Carson monitor weather and road conditions.

Emergency Operations Center personnel monitor Colorado State Patrol and the National Weather Service reports. About 2 or 3 a.m., Garrison Commander Colonel Eugene Smith is given EOC assessment and recommendations regarding weather conditions.

If Smith decides to have delayed reporting or curtailment of operations, EOC notifies commanders and first sergeants, Fountain-Fort Carson School District and Public Affairs.

Public Affairs informs area television and radio stations of the delay.

In reporting delays or closings, broadcasters may use the term "essential" or "non-essential."

Essential personnel are those designated as critical to operation of the post, such as fire and police operations, snow removal, dining facilities, medical and command and control personnel. Employees who are deemed essential should be aware they are designated essential and should check with a supervisor or commander if unsure about their status.

Non-essential employees would be everyone who is not "essential."

Local TV stations usually run a "crawl" at the bottom of the screen with delays or closures of organizations, schools and military bases. Similar information is broadcast on radio stations. Personnel can also call the weather hotline, 526-0096, for information. The hotline should be updated by 5 a.m.

There are three possible road conditions at Fort Carson: green, amber and red.

- **green road conditions** mean that roads are safe to travel.

- **amber road conditions** mean that unnecessary travel should be avoided. Moderately hazardous road conditions exist, but Soldiers and employees should report for duty.

- **red road conditions** means roads are icy or deeply covered in snow. Only mission-essential personnel should be traveling.

In extreme weather conditions the post may be closed. In that case, Soldiers and employees will be instructed not to report for duty that day.

It is Soldiers' and employees' responsibility to keep updated by contacting their chain of

command or listening or watching for updates on local radio or TV stations.

When a storm develops during the daytime, early release may be authorized by the garrison commander. Daytime notifications will be made to employees and Soldiers at duty sections through the chain of command.

To safely manage the flow of traffic, early release of personnel will be in three "waves":

1. Personnel released first will be those who reside 15 miles or more from Fort Carson.
2. The second wave will be released half an hour after the first wave, and will include those who reside 5-15 miles off post.
3. The third wave release will be an hour after the first, and will include all other employees and Soldiers.

## **Road Condition phone numbers**

**Colorado: (303) 639-1234**

**Kansas: (800) 585-7623**

**Nebraska: (402) 479-4512**

**New Mexico: (800) 432-4269**

**Oklahoma: (405) 425-2385**

**Texas: (800) 452-9292**

**Utah: (801) 964-6000**

**Wyoming: (307) 635-9966**

*(courtesy Colorado AAA)*



## *National Military Family Association*

# Volunteers needed for Operation Purple

**by Rebecca E. Tonn**

*Mountaineer staff*

A free camp for children of deployed servicemembers, called Operation Purple, needs 30 volunteers. Operation Purple is for children, ages 6-18, of servicemembers from all branches stationed in Colorado, who have deployment orders between May 2007-September 2008.

The camp will be near Woodland Park.

Operation Purple is a program of the National Military Family Association. The NMFA is "the voice for military families," according to its Web site. It does not accept government funding, so it can remain nonpartisan. It is supported by donations and staffed by volunteers.

Barbara Dowling, systems administrator for the Directorate of Information Management at

Fort Carson, was recently appointed as the Colorado Springs representative for the National Military Family Association, a volunteer position.

Dowling is eager to get the volunteer teams "up and rolling" for Operation Purple. Nine all-volunteer teams are needed. Administration teams will coordinate marketing, media, applications and distributing posters; nutritional teams will plan and cook meals; logistics teams will set up tents and bus the children to camp; and purchasing teams will buy food and rent equipment — tents, fishing poles, lifejackets, buses and more.

"The Pikes Peak region has never had a camp that we know of," Dowling said. Volunteers are also needed for the camp at the Air Force Academy's Farish Recreational Area, from July 23-30.

"I've lived on or around military bases all my life. I'd like to see the whole area involved in NMFA. My goal is to get an NMFA stronghold here — not just at Fort Carson but at all the bases in Colorado Springs.

"The National Military Family Association was started in 1969, in Washington, D.C., by six military wives. They were fighting for survivors' benefits for the families of Vietnam veterans," Dowling said.

The NMFA intends to champion the following issues in 2007: family readiness, family health, families and deployment, families in transition, pay and compensation, and families and community.

A variety of activities is planned for children at camp. Stargazing with telescopes, fishing, paddleboat rides, hiking and a trip to the Florissant

National Park Fossil Beds will be included. Children will also be able to participate in group discussions about dealing with deployment. Operation Purple will be offered on a first-come, first-served basis. Maximum capacity is 150 children.

Applications for Operation Purple will be available online after March 15 and Dowling will hand them out to units on post. Applications require a \$25 reservation fee, which will be refunded at the camp check-in.

To volunteer your time, resources or equipment to Operation Purple, contact Dowling at 339-1830. To learn more about Operation Purple or to donate money, go online to [www.operationpurple.org](http://www.operationpurple.org). For more information regarding NMFA or to join or volunteer, visit the Web site at [www.nmfa.org](http://www.nmfa.org).

# Backcountry safety tips

### *State Forest State Park*

**WALDEN, Colo.** — Strong winds have been the key player in slab avalanche formation over the last week and there have been many reports of avalanches. Because of Colorado's highly variable climate and terrain, backcountry users need to educate themselves before venturing out. State Forest State Park, which offers miles of backcountry terrain, offers the following safety tips for visitors to the park:

- Never enter the backcountry alone.
- Always let someone know of your travel plans and when you expect to return.

Each member of the party should carry water (1 liter per hour), food, eye protection, sunscreen, personal first aid equipment, waterproof fire starter, compass, map, layers of waterproof clothing, shovel, avalanche transceiver beacon turned to transmit, probe pole and a cell phone.

Avoiding an avalanche is easier than getting out of one. Although most avalanche victims trigger the slide that buries them, changes in snow stability can occur spontaneously on slopes well above unsuspecting travelers.

Know the terrain around you.

Avoid traveling on steep slopes or within gullies and do not stop while traveling underneath them.

If you are caught in an avalanche, discard all equipment, and try to get away from it.

Make swimming motions, trying to stay on top and moving to get to the side of the avalanche. Before coming to a stop, get your hands in front of your face and try to make an air space in the snow as you are coming to a stop.

If you are the survivor, mark the place where you last saw the victim.

Search downhill from that point. Poke the snow with a sectional probe or stick. You are the victim's best hope for survival.

Don't desert the victim and go for help unless there is someone else to continue looking, or help is only a few minutes away. After 30 minutes, the buried victim has only a 50 percent chance of survival.

If one person does go for help, mark the route for return.

For current information on mountain weather, snow and avalanche conditions, contact the Avalanche Information Center at (970) 482-0457.

The staff of the State Forest State Park can be reached at (970) 723-8366. There are few things more majestic than the Colorado backcountry during the winter. This scenery needs to be enjoyed wisely.

Attracting more than 11 million visitors per year, Colorado's 41 State Parks are a vital cornerstone in Colorado's economy and quality of life, offering some of the best outdoor recreation destinations in the state. Colorado State Parks manages more than 4,000 campsites, 57 cabins and yurts, encompassing 246,000 land and water acres. For more information on Colorado State Parks or to purchase an annual pass online, visit [www.parks.state.co.us](http://www.parks.state.co.us).





## Gadfield

From Page 13

support of Operation Iraqi Freedom.

"During the first tour, my first son was born, and I wasn't here for that," said Gadfield. "It didn't really hit me that I had a child until I came back from Iraq. That's when I started to bond with him, and when I left for the second time, I didn't want to leave the little guy. He was asleep when I left, and I didn't want to wake him up. I just rolled out."

Gadfield met his wife Tina, shortly after arriving at Fort Carson. A friend set Gadfield up on a blind date with Tina, and she threatened to not let him get into the car if he wasn't good looking enough for her taste. They were married in March 2003, and they have two sons, Mikyle, age 3, and Lathan who is only 6 weeks old. Tina is a stay-at-home mom, and Mikyle likes wrestling and playing "Superman" with his dad.

When asked if Mikyle ever pins him down, Gadfield said, "Of course, you have to let him win sometime. He's a tough little guy."

Gadfield was born and raised in Coshocton, Ohio, where his family still resides. He is the middle child with four sisters.

Gadfield is undecided if he is going to stay in the Army long. If he does stay in, he would like to continue being a tank mechanic. If he leaves the Army, he would like to go to college to become either a computer technician or a video game developer.

With only three performances with Harmony in Motion under his belt, Gadfield admits to having stage fright, but feels he will soon get used to singing in front of crowds. His most memorable moment so far has been singing for a veterans event at Coors brewery where he met Pete Coors.

"There are more memorable moments to come," said Gadfield.



Photo by Rebecca E. Tonn

## 'Would you rather chew mashed worms or drink a snail shake?'

Kevin Bokay, reference librarian, reads "Would You Rather?" by John Burningham to children at Grant Library Jan. 10 in the Children's Room. The weekly Storytime Program meets each Wednesday, September through the middle of May, at 10:30 a.m. Grant Library also offers a Snuggle-up Storytime, for children in pajamas, once a month at 6:30 p.m. For more information call 526-2350.

## SRC

From Page 11

injury,” said Anderson. “Now, if one of your Soldiers was burned, you wouldn’t let one of your Soldiers call him a ‘crispy critter.’ So why do you let them call a Soldier with a combat stress injury a ‘sissy?’ It’s not OK.”

Since June 2005, the SRC has screened more than 13,000 Soldiers for traumatic brain injury and about 18 percent of them tested positive. Soldiers are screened for TBI by filling out a simple questionnaire that asks them to describe any injuries or symptoms resulting from exposure to an explosion or other head trauma. Any alteration in a Soldier’s state of consciousness accompanied by headaches, dizziness, memory loss, loss of balance, ringing in the ears, irritability or sleep problems could be an indication of TBI.

“We decided we are going to take a look at 100 percent of the Soldiers that told us they had a concussion at one point in this war and re-evaluate them at 90 and 180 days to ask them if they are having any symptoms,” said Terrio. “We’re having Soldiers come back and say the treatment is helping. We’re trying things because there isn’t a lot of literature out there that tells us what to do. We’re paving the way for how to take care of these Soldiers.”

Kathrine Scally, nurse practitioner

in charge of TBI, recommends that Soldiers with TBI practice good sleep hygiene, avoid alcohol and exercise their brains with crossword puzzles or use Legos, Lincoln Logs or Tinker Toys in playing with their children.

“There is a fair amount of information about what to do with someone with severe TBI or a penetrating head wound, but there really isn’t anything out there on what to do with someone who has had multiple concussions or mild traumatic brain injury. Blasts are causing different injuries than successive sports injuries,” said Scally. “It’s not normal for people to try to blow you up, and it’s OK to not feel good about having that happen to you. I can help you with the medical piece of it and I can help you start feeling better.”

Every Soldier who is determined to have an undeployable condition is assigned a case manager. The case manager guides the Soldier through his or her treatment so rehabilitation runs smoothly. They make appointments for the Soldiers and meet with them after every interaction with a medical professional so they can be taken to the next step.

The SRC also works with Soldiers who are injured and close to the end of their Army careers. If a Soldier is in need of care, the SRC can arrange to have that Soldier’s orders extended so he can receive needed treatment while still working for the Army. They will

also discuss other options available to Soldiers who do not wish to extend their stay.

Terrio has positive things to say about the SRC, its staff and what they’re doing for the Soldiers.

“It’s fantastic,” said Terrio. “I think we have the best thing since sliced bread. It’s a wonderful system and we feel really lucky because the people that work here really love working here because we have the best population in

the world to take care of: the Soldiers. They are making a difference in everyone’s lives and we get to take care of them. I think we are offering services to support our veterans that are the best they’ve ever been in history.”

Soldiers needing help for combat stress, TBI or any medical or behavioral issue can walk in the SRC any time without an appointment or call 524-5593. The SRC hours are Monday through Friday 7:30 a.m.-4:30 p.m.

## Myths and Facts

### *Myths and Facts of Mental Health*

**Myth 1:** Only weak Soldiers have mental health problems.

**Fact:** Everyone is affected by combat.

**Myth 2:** If a Soldier has a problem, he/she will get help.

**Fact:** Most Soldiers do not seek help because of stigma.

**Myth 3:** A fellow Soldier’s mental health problems are none of my business.

**Fact:** Soldiers most often turn to other Soldiers when they need help.

Leaders are responsible for helping Soldiers.

**Myth 4:** The Army doesn’t help Soldiers with mental health problems.

**Fact:** There are multiple ways to get help.

**Myth 5:** No one can help me if I have a mental health problem.

**Fact:** Professional treatment helps, the earlier the better.

*Source: Walter Reed Army Institute of Research, [www.battle minds.org](http://www.battle minds.org).*



## Martin Luther King Jr.

# The speech that changed a nation

Compiled by the Fort Carson Mountaineer staff

When the Declaration of Independence and the Constitution of the United States were drafted, equality was a concept that only applied to "free men." Women and slaves were not included.

Over the years, slaves were freed and women gained their basic rights to vote and hold property, but there was never any guarantee that those rights would be ensured.

During the 1950s and 1960s, black men and women, some the descendants of those same slaves freed by the Emancipation Proclamation, no longer came to accept the status quo. Civil rights leaders came to the forefront, demanding that the government fulfill its obligation to ensure the rights of all people, regardless of race and gender. Among these leaders was Dr. Martin Luther King Jr.

King was a Baptist minister. He used the pulpit not to preach violence, but to preach the non-violence of Mahatma Gandhi, the Indian leader who led his country from under the rule of England earlier in the century. King's followers held sit-ins, freedom marches and boycotts. One of the best-known marches was the March on Washington, a protest to raise awareness on the economic problems facing poor black Americans. On the steps of the Lincoln Memorial Aug. 28, 1963, he evoked the name of Lincoln in his "I Have a Dream" speech. That speech is credited with mobilizing supporters of desegregation and played a large part in bringing about the 1964 Civil Rights Act. The next year, King was awarded the Nobel Peace Prize.

In 1968, while on a trip to Memphis, Tenn., he was assassinated by James Earl Ray as he addressed followers from the balcony of his motel.

The National Park Service has designated his birth home in Atlanta, Ga., a national historic site. In Washington, D.C., ground was broken Nov. 13 and construction has begun on the Dr. Martin Luther King Jr. National Memorial on the Tidal Basin between the Lincoln and the Jefferson Memorials.



Photo by Helen Nestor

Dr. Martin Luther King Jr., speaks to students at Sproul Plaza of the University of California at Berkeley in 1967.



Photo courtesy of The Cleveland Public Libraries

Dr. Martin Luther King Jr. and his wife, Coretta (right) leave the White House Dec. 18, 1964 after a "standard call" on President Lyndon B. Johnson following the announcement that King was awarded the Nobel Peace Prize. Here they enjoy a laugh with the newsmen.

Dr. Martin Luther King Jr. speaks at St. Paul's Episcopal Church in Cleveland to raise money for the drive against segregation.



Photo courtesy of The Cleveland Public Libraries

### Martin Luther King's

### "I Have a Dream" Speech - Aug. 28, 1963

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation. Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon of hope to millions of slaves, who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity. But one hundred years later, the colored America is still not free. One hundred years later, the life of the colored American is still sadly crippled by the manacle of segregation and the chains of discrimination. One hundred years later, the colored American lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the colored American is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize a shameful condition.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given its colored people a bad check, a check that has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check, a check that will give us upon demand the riches of freedom and security of justice. We have also come to his hallowed spot to remind America of the fierce urgency of now. This is not time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism.

Now is the time to make real the promise of democracy. Now it is time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now it is time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality to all of God's children. Now is the time to make the urgency of the moment and to underestimate the determination of its colored citizens. This sweltering summer of the colored people's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end but a beginning. Those who hope that the colored Americans needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual.

There will be neither rest nor tranquility in America until the colored citizen is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges. We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the colored person's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by signs stating "for whites only." We cannot be satisfied as long as a colored person in Mississippi cannot vote and a colored person in New York believes he has nothing for which to vote. No, no we are not satisfied and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. I am not unmindful that some of you have come here out of your trials and tribulations. Some of you have come from areas where your quest for freedom left you battered by storms of persecutions and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our modern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair. I say to you, my friends, we have the difficulties of today and tomorrow. I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed. We hold these truths to be self-evident that all men are created equal.

I have a dream that one day out in the red hills of Georgia the sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood. I have a dream that one day even the state of Mississippi, a state sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by their character. I have a dream today. I have a dream that one day down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; that one day right down in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today. I have a dream that one day every valley shall be engulfed, every hill shall be exalted and every mountain shall be made low, the rough places will be made plains and the crooked places will be made straight and the glory of the Lord shall be revealed and all flesh shall see it together. This is our hope. This is the faith that I will go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to climb up for freedom together, knowing that we will be free one day. This will be the day when all of God's children will be able to sing with new meaning "My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my father's died, land of the Pilgrim's pride, from every mountainside, let freedom ring!" And if America is to be a great nation, this must become true. So let freedom ring from the hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania. Let freedom ring from the snow-capped Rockies of Colorado. Let freedom ring from the curvaceous slopes of California. But not only that, let freedom ring from Stone Mountain of Georgia. Let freedom ring from every hill and molehill of Mississippi and every mountainside. Let freedom ring, when we let it ring from every tenement and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old spiritual, "Free at last, free at last. Thank God Almighty, we are free at last."

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# Fort Carson improves regional air quality

by **Susan C. Galentine**

DECAM

The air on Fort Carson is the same air the community, making it an environmental issue that impacts everyone — regardless of gates, fences and boundary lines.

The atmosphere — the blanket of air that surrounds the Earth — provides a valuable service by protecting it from solar radiation, recycling water and other chemicals, and helping to regulate a moderate climate. Air pollution modifies the natural characteristics of the atmosphere and threatens human health and the environment.

In 2002, Fort Carson set a sustainability goal to reduce the amount of harmful air emissions generated, which the U.S. Environmental Protection Agency calls hazardous air pollutants or HAPs, by

50 percent in five years.

These air pollutants originate from chemicals widely considered to be toxic and have the potential to cause serious health and environmental hazards. Sources that generate HAPs on Fort Carson include gasoline dispensing, paint shop operations, boilers, generators and military training activities involving smoke and obscurants, as well as range activities. Mobile sources such as engineering equipment, tactical vehicles and government and personal vehicles also emit HAPs.

Fort Carson aggressively monitors HAP emissions and promotes initiatives to minimize or eliminate air pollution, such as substituting alternate products containing less harmful chemicals to perform the same function satisfactorily. Several projects initiated by the cooperative work of directorates on Fort Carson have yielded positive results in improving air quality.

The focus on reducing HAPs continues to be successful, according to the Fort Carson Air Program Coordinator, Sally Atkins.

In 2006, the installation sent two Fort Carson paint booth operators to the Iowa Waste Reduction Center's Spray Technique Analysis and Research for Defense Training program that meets the needs of military spray technicians. The paint course is designed to increase painting efficiency, teach new techniques/technology, educate operators on reducing air emissions and provide a healthier work place. In addition, a new state-of-the art paint booth was funded for construction, which will help decrease paint overspray and paint use. Although neither initiative is quantifiable yet, the long-term impacts

are expected to be positive.

"To help make Fort Carson and its mission sustainable, we must minimize our emissions," said Atkins. "Fort Carson's challenge over the next few years of significant growth will be to continue to reduce HAPs while still meeting its military mission and environmental compliance/stewardship roles. Reducing HAPs is one area the air program concentrates on due to its impact on regional air quality, health and safety of the public."

New initiatives being pursued in 2007 include several technology demonstration projects. One involves investigating HAP-free, water dispersible, chemical-agent-resistant coating paint for military vehicles. Federal grants are also being pursued such as a cooperative effort with the Environmental Protection Agency Region Eight, School District Eight and Fort Carson to be a part of the Clean School Bus USA program.

Individuals can help by carpooling, bicycling or walking, sealing and storing household chemicals properly and by purchasing "green" cleaning products. By using green products, people improve indoor air quality. Green products are noncorrosive, noncarcinogenic, noncombustible and nontoxic.

People interested in green cleaning can look for the Green Seal Certification on products. Green Seal is an independent non-profit organization dedicated to protecting the environment and changing the marketplace by promoting the manufacture, purchase and use of environmentally responsible products and services.

For more information about the Fort Carson Air Program, call 526-1708. To find out more about Green Seal Certification, visit [www.greenseal.org](http://www.greenseal.org).



**Photo courtesy of the Iowa Waste Reduction Center**  
*Fort Carson paint booth operators were trained at the Iowa Waste Reduction Center's Spray Techniques Analysis and Research for Defense on new techniques and technology.*





## Out & About

January 20 - 26, 2007

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
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### Now Showing FREE Sunday Movies

#### January 21st:

Eight Below (PG) at 1 p.m.  
The Da Vinci Code (PG-13) at 4 p.m.  
(Children under 13 must be accompanied by an adult)

#### January 28th:

Curious George (G) at 1 p.m.  
Click (PG-13) at 4 p.m.  
(Children under 13 must be accompanied by an adult)

**Freedom Performing Arts Center**  
Building 1129  
Corner of Specker and Ellis Ave.  
For more information:  
**526-1867**



## Xtremes: CLOSED FOR CONSTRUCTION

**GRAND OPENING in February!**



## 2007 SnowFest!!!

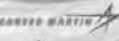
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- Racing, Derby Competitions
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Experience the 17th Annual  
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# SPORTS & LEISURE

## Armor races to easy intramural victory



5th Armor Brigade's Mike Stevens, 14, pays close attention to Charlie Company's Jason Schwartz.

**Story and photos by  
Walt Johnson**

*Mountaineer staff*

The 5th Armor Brigade team used a stifling defense and some clutch shooting to race to an overwhelming 48-20 victory over Charlie Company, 1st Squadron, 67th Armor, Jan. 11 at Garcia Physical Fitness Center.

The game was never in question for the as the Armor team raced out to an early double digit lead that was never threatened by the Armor team.

Using a suffocating defense to keep the Armor team in check and a offensive system that delivered points for them inside and out, the Armor team looked like one of the top defensive teams on post and that was the plan all along, according to coach Dave Sadlemeyer.

"I would definitely have to say our defense was the key to victory for us today. I don't know the exact number but we think we had close to 19 steals in the game and that is awesome for a team to be able to generate that many turnovers," Sadlemeyer said.

Sadlemeyer said two of his players in particular had outstanding games for his team. He said their efforts were very commendable, considering what they accomplished.

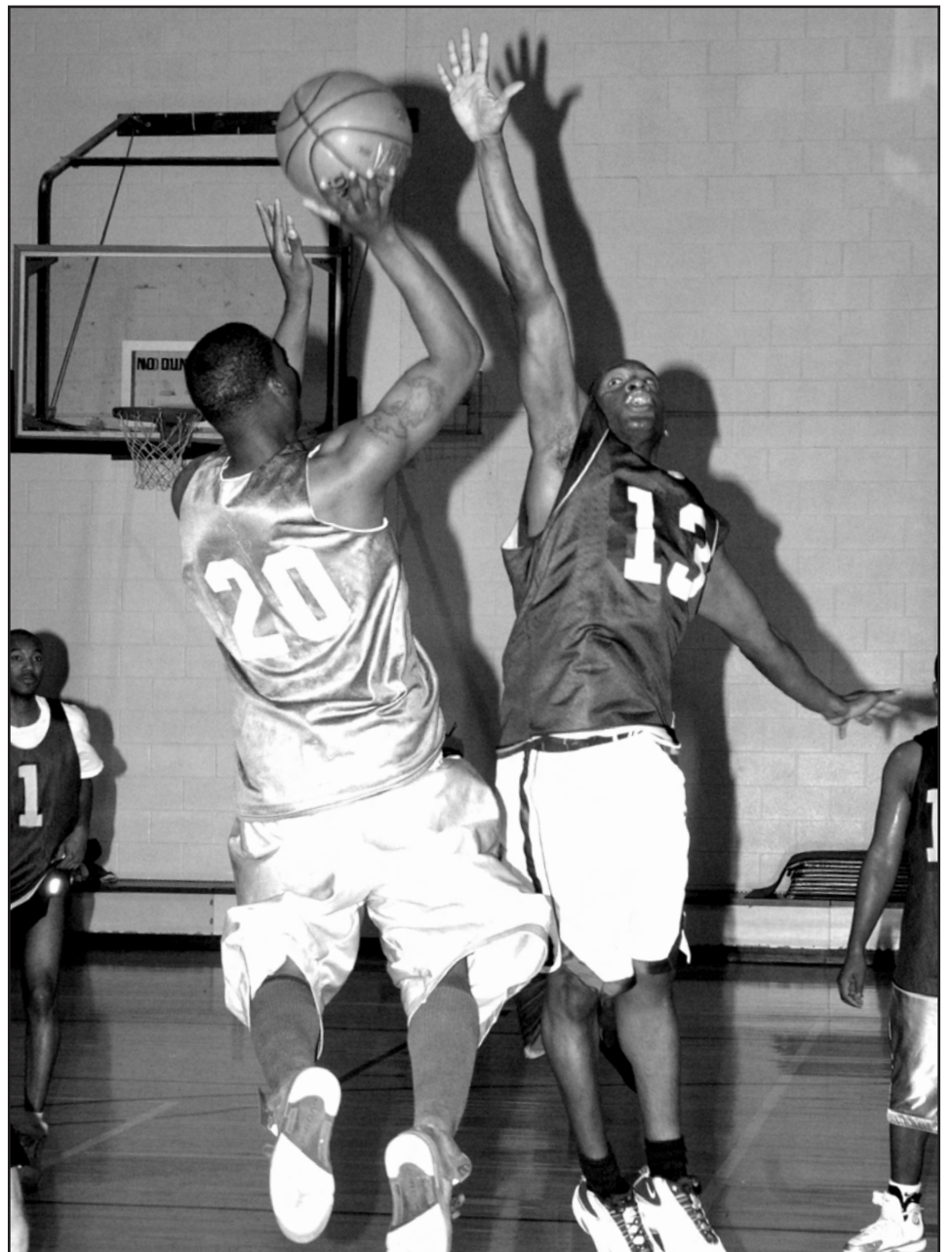
"Mike Stevens and D. J. Cardy played an outstanding defensive game for us. Stevens had about six blocked shots and Cardy led our defensive efforts. We wanted to run them down and even though we only had five players, we felt we could run them down and keep pressure on them," Sadlemeyer said.

Sadlemeyer said the impressive victory was all the more so because this was the first time the team had played together. He said his veteran team knew how to play the game—they just had to learn how to play together and it didn't take them long to figure out the strengths and weaknesses each player possess.

"We didn't practice before the game but we came together as a team using our experience. We've played basketball before and if this team can stick together and get a few more substitutes, we definitely have the talent to play with any team on post," Sadlemeyer said.



Charlie Company's William Orlala looks to make a pass as 5th Armor Brigade's Hunter Davenport applies defensive pressure.



Charlie Company's Ron Sanders shoots over the extended defense of 5th Armor Brigade's Dennis Hunter.



## On the Bench

# Youth center kicks off new basketball season today

by **Walt Johnson**

*Mountaineer staff*

**The post youth center will kick off its youth basketball season today at 6 p.m. at the youth center.**

Saturday the youth center will hold its opening season ceremony at 8 a.m., followed by a full day of youth action for children ages 4 through 16. Games will begin at 9 a.m. for the younger groups and the older athletes will play each other afterwards. For more information on the opening day events contact the youth center sports office at 526-1233.

**Fort Carson will hold a Super Bowl party Feb. 4 at the Special Events Center featuring the St. Louis Rams cheerleaders beginning at 2 p.m.**

The game will be shown at the events center on a 25-foot video screen. A pre-game party will begin at 2 p.m. and kickoff for the game is scheduled for 4:16 p.m.

Representatives from the Rams cheerleading team will be on hand to sign autographs and take pictures with members of the Mountaineer Post and

their families. Also, there will be free Godfather's pizza and Pepsi for the first 1,000 Military identification card holders who come to the center. Games, prizes and "other" cold beverages will also be available. There will be no coolers or lawn chairs allowed at the event.

The Colorado Crush Arena League football team is preparing for the upcoming season by holding a special tryout for a spot on the team's training camp roster Saturday.

The tryout will be held at the South Suburban Family Sports Dome, 6959 S. Peoria St., Englewood, beginning with registration at 6 a.m. People can also pre-register by going to [www.coloradocrush.com](http://www.coloradocrush.com) and downloading the form from the team's web site.

The registration fee is \$75 and is payable by cash or check only on the day of the tryout. The team will not accept credit cards as a payment method.

Anyone interested in participating

See **Bench** on Page 31



Photo by Walt Johnson

## Fan of the Week

*Portia Wilson was the only fan Charlie Company, 1st Squadron, 67th Armor had, but she didn't let that stop her from rooting her favorite team on Jan. 11 at Garcia Physical Fitness Center.*



Photo by Walt Johnson

## Weight work

*Members of the Mountain Post community get in a good weight training workout at Forrest Fitness Center Jan. 11. The center offers a number of conditioning programs six days a week.*

## Bench

From Page 30

in the tryouts must be at least 18 years of age and should have full football gear and shoes worn on indoor turf fields. All potential tryout players will be asked to sign a waiver form before they can participate in any events. Players will be tested for speed, strength and agility.

According to the team, this is the fifth year it has held open tryouts.

The Crush will begin its season March 4 at the Pepsi Center in Denver when it hosts the Grand Rapids Rampage at 1 p.m.

**After not playing last year the Colorado Rockies will meet its Triple-A affiliate**, the Colorado Springs Sky Sox, in an exhibition game March 30 at 2 p.m., according to the Sky Sox organization.

The Sox will begin league action with a home opener against the Pacific Coast League's defending champion, the Tucson Sidewinders,

Triple-A affiliate of the Arizona Diamondbacks, April 5 at 6:05 p.m.

This will be the eighth exhibition game between the Sky Sox and Rockies and the seventh played at Security Service Field (the two teams met at Coors Field in 1995). The Sky Sox holds a 5-2 lead over its big-league affiliate.

Tickets for the exhibition game will only be available through the Sky Sox's 12, 24 and Full Season ticket packages until March 5, when individual game tickets will go on sale at the Security Service Field ticket office and online at [www.skysox.com](http://www.skysox.com). Contact the Sky Sox ticket office at (719) 591-SOXX for ticket package information.

Ticket prices for the exhibition game are \$12 for box seats, \$10 for upper reserve seats and \$7 for berm/standing room tickets.

For more information please contact the Sky Sox offices at (719) 597-1449 or through e-mail at [info@skysox.com](mailto:info@skysox.com).



# Mountaineer High School Sports

### Got it !

*Fountain-Fort Carson's Terrence Hutchins, right, shoots over Harrison High School's John Register during action Jan. 9 at Fountain-Fort Carson. The Trojans won the thrilling game 53-52.*

*The Trojans' boys next game will be Tuesday night when the team will host the Sierra Stallions at 7 p.m. at the high school gym. The Trojans girls will visit Sierra High School Tuesday at 7 p.m. as they also continue league play.*



Photo by Walt Johnson

# Deploying unit breezes to easy victory



A member of the 68th Combat Support Sustainment Battalion team, left, watches a member of the opposition try to set up the offense during action Jan. 11.

**Story and photo by  
Walt Johnson**

*Mountaineer staff*

The 68th Combat Sustainment Support Battalion will be deploying to Iraq at the end of the month but before it leaves the team wants to make sure it leaves its imprint on the post intramural league.

The 68th CSSB defended well and gobbled up every defensive rebound it could, en route to the victory. Tyrone Waller, 68th CSSB coach, said the team's boardwork was the key to the win.

"We understand that no one will play a flawless game and the other team is going to score, but we also know what we have to do as a team and that is to rebound well," Waller said.

The team raced out to a 28-point victory Jan. 11 at Waller Physical Fitness Center in a contest that showed how athletic and talented this group is. It's even more amazing that the team did it after following a predeployment training missions.

Waller said the only reason his team would not be holding the trophy at the end of this

season is because it will be deploying in the next few weeks.

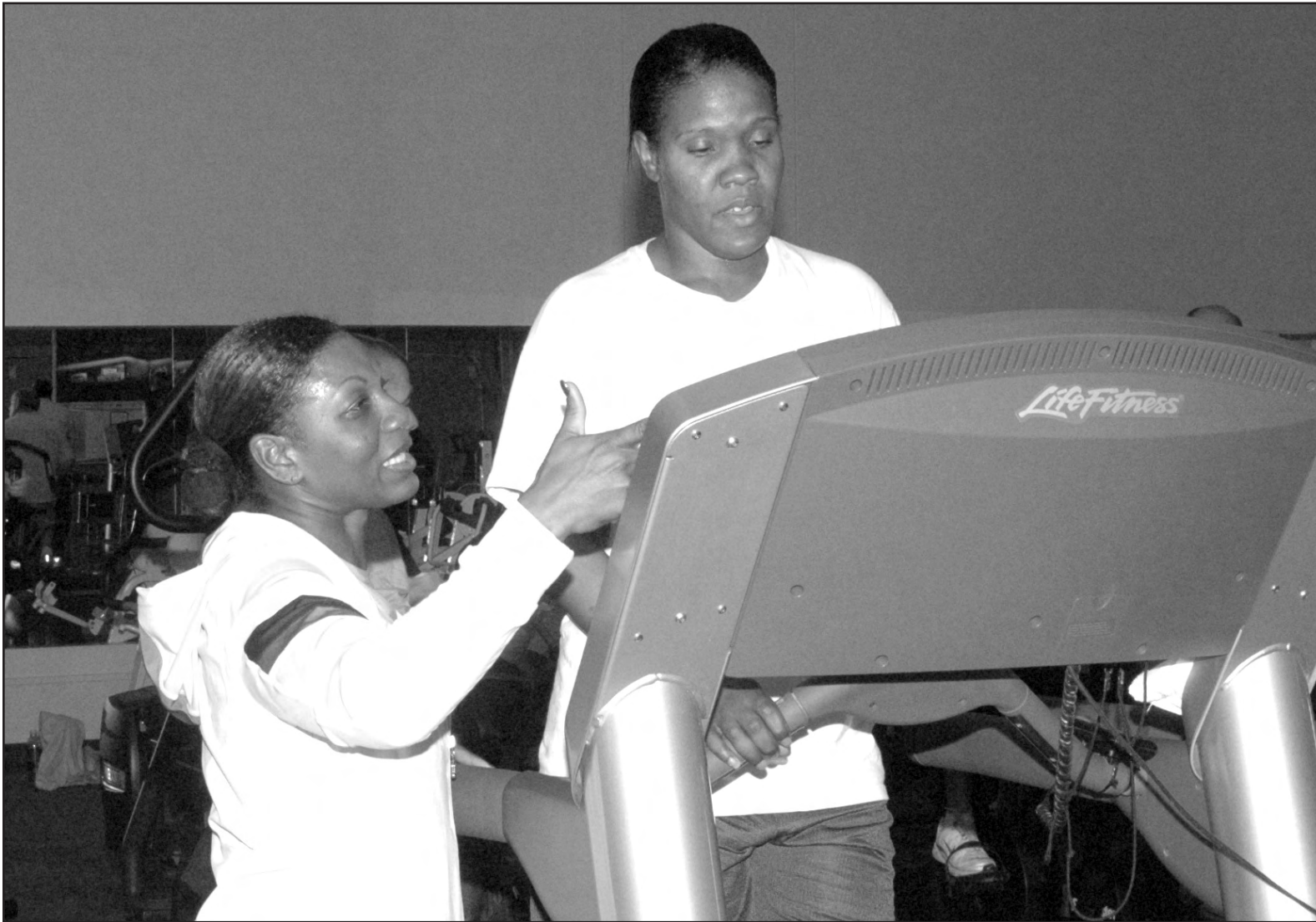
"If we weren't in the process of deploying, we would definitely be in position to take it all the way. Right now we just come out here to get in a good workout because a lot of us will be gone half way through the season. We are hoping that the players who will still be here can pick up some more players and continue what we hope to achieve over the next few weeks," Waller said.

Waller said even though most of the players will not be here to see the end of the season, it still holds a lot of value to the unit. He said the same thing that this intramural program will do for them here will help them as they perform their mission overseas.

"One of the best things about competing in the intramural program is the camaraderie you build up and that will help us when we deploy. Also it gives us a chance to participate in a fun event prior to deploying. Not that we don't think we can play in Iraq also, because we plan to get some ball in over there too," Waller said.



### ***Mountaineer Fitness Feature***



### **Team building**

*Fort Carson Soldiers Latoya Hammond, right, and Mary Reese know the value of being fit to fight as they are active workout warriors at Forrest Fitness Center. The Soldiers said they are dedicated to working out and staying in shape and the facilities on post are some of the best they have used for physical conditioning and training.*

Photo by Walt Johnson





Several sculptures with Olympic themes are in front of the Olympic Training Center Visitor Center in Colorado Springs.

## Olympic Training Center

# Where top athletes train

**Story and photos by Nel Lampe**

*Mountaineer staff*



Almost anytime is a good time to visit the Olympic Training Center in Colorado Springs, although it's more than 500 days until the next Olympics, in August 2008 in Beijing.

Free tours of the Olympic Training Center are conducted every hour on the hour, beginning at 9 a.m., Monday through Saturday. The last tour is at 4 p.m. Visitors can see the Hall of Fame and shop for Olympic souvenirs for the 2008 Beijing Olympics. Start your tour at the Visitor Center on East Boulder Street, near the intersection with Union Boulevard.

Olympic athletes have been training in Colorado Springs since 1977, when the newly created Olympic Training Center opened. At first, the training center was housed in World War II-era buildings on the site of a closed Air Force Base. Ent Air Force Base was named for Maj. Gen. Uzal G. Ent, who was commander of the 2nd Air Force headquartered at the base. The base, which occupied 37 acres, also housed other missions over the years, including 15th Air Force, Air Defense Command, North

American Aerospace Defense Command and other units which were relocated to Peterson Air Force Base. Ent Air Force Base was closed in 1976. The property was returned to the city of Colorado Springs.

The next year the U.S. Olympic Committee took over the site and later moved its headquarters from New York to the Colorado Springs site. The

See **Olympic** on Page 36



Visitors look at the Praxis Athlete paintings by Lazarides in the Olympic Hall of Fame at the Olympic Training Center.



Places to see in the Pikes Peak area.

**Jan. 19, 2007**



## Olympic

From Page 35

Olympic Committee invested millions of dollars in state-of-the-art facilities and renovation, new construction and improvements. Up to 500 athletes and coaches can be housed at one time at the facility.

Several sports national governing bodies are at the complex and other sports member organizations are in Colorado Springs.

Some ice-skating athletes train at the Ice Hall at the World Arena.

In addition, a winter sports facility is at Lake Placid, N. Y., and another facility is at Chula Vista, Calif., where athletes train in rowing and soccer.

The Colorado Springs site includes the Olympic Shooting Center, the third largest in the world. Some shooter athletes train at Fort Carson's outdoor shooting range.

The Colorado Springs facility has several gyms used for badminton, basketball, fencing, judo, wrestling and gymnastics.

The Aquatics Center is an outstanding facility with a 25 by 50 meter pool used for swimming, synchronized swimming and water polo. It is two meters deep at one end, three meters deep at the other. It is probably the most technologically advanced aquatic training facility anywhere.

A world class velodrome is located in nearby Memorial Park. One of the top rated velodromes in the world, it is banked at 33 degrees and is 333.3 meters long.

The Visitor Center hosts more

### Just the Facts

- **Travel time:** 20 minutes
- **For ages:** all
- **Type:** Olympic training
- **Fun factor:** ★★★★★  
(Out of 5 stars)
- **Wallet damage:** free
  - \$ = Less than \$20
  - \$\$ = \$21 to \$40
  - \$\$\$ = \$41 to \$60
  - \$\$\$\$ = \$61 to \$80
 (Based on a family of four)



Shirts and souvenirs for the 2008 Beijing Olympics are in the Olympic Spirit store.

than 150,000 visitors each year. No reservation is necessary, except for groups of 10 or more. Just arrive a few minutes before the hour and ask an attendant at the counter for the next tour. While waiting, visitors can use interactive consoles to find information about various Olympic athletes or visit the U.S. Olympic Hall of Fame, which presently displays paintings of Praxis Athletes by K. Lazarides.

Visitors gather in the nearby auditorium for a short film before beginning the guided tour. The tour guide gives visitors information

about the athletes in training, and escorts the group through some of the facilities. Visitors usually catch a glimpse of athletes in training.

Colorful silhouettes athletes of about 45 sports are along the Olympic path.

Statues with sports and Olympic themes are throughout the grounds of the Olympic Training Center.

The Olympic Spirit store is in the Visitor Center and has a large selection of Olympic sports clothing, balls and souvenirs, such as T-shirts, hoodies, shorts, pants and caps. Goods for the



Visitors learn about Olympic Athletes at a display in the Olympic Training Center Visitor Center.

Beijing Olympics in August 2008 are available. All profits go to the Olympic programs.

Some athletic events at the training center are free and open to the public. Inquire at the visitor center or watch local sports pages about such events.

Go to the Web site [usolympicteam.com](http://usolympicteam.com) for information about Olympic sports, events athletes, events, and the upcoming Beijing Olympics.

Figure skating fans might be interested in the "Four Continents" Figure Skating Championships

being held at the World Arena Feb. 7-10. More than 100 athletes from 15 countries will be participating in competitions. The four continents are North America, Africa, Australia and Asia. Go online to [www.4continents.com](http://www.4continents.com) for information about the schedule of events and tickets. Military night is Feb. 8, with a \$2 discount for military members.

The Olympic Complex is located just west of Union and Boulder and is entered at One Olympic Plaza. A guard on duty will direct you to a parking lot.

To reach the Olympic Training Center from Fort Carson, take Highway 115 north (it becomes Nevada Avenue) to Platte Avenue, and turn right. Follow Platte Avenue east until reaching Union, and turn left (north). Go one block to Boulder and turn left. Go east about a half block to the entrance at Olympic Plaza. The Visitor Center is at 1750 E. Boulder.



A silhouette of a skating athlete is appropriately surrounded in snow last week.



Triathlete Dave Messenheimer, left, in training at the Olympic Training Center, tells a tour group about one of the training rooms.





## "Great Fruitcake Toss"

The annual Manitou Springs' "Great Fruitcake Toss" was rescheduled because of snow. It's Saturday at the Manitou Springs High School football track. Registration is at 9:30 a.m. with competitions at 10 a.m. Bring your own unwanted fruitcake to throw or a limited number of fruitcakes is available for \$1 rental. Call 685-5089 for information.

## Carnivale

Manitou Springs holds its annual Carnivale Parade Feb. 17 at 1 p.m. a Mardi Gras-style celebration of art, great food and good times. Participants are needed; call 685-4317 for information. Preceding the parade, a Mumbo Jumbo Gumbo Cook-Off is in Soda Springs Park in downtown Manitou Springs, starting at 11 a.m.

## Super Bowl

See the Super Bowl game Feb. 4 on a 25-foot video screen at the Special Events Center. The pregame party begins at 2 p.m., and the game starts about 4 p.m. There'll be free pizza and Pepsi for the first 1,000 identification card holders. The Rams cheerleaders will be on site to sign autographs and take pictures. Other cold beverages will be available. No coolers or lawn chairs are allowed in the Special Events Center.

## Life and Times of Buffalo Bill

The Colorado Springs Pioneers Museum hosts a free event about Buffalo Bill Cody at 2 p.m. Saturday at the museum, 215 S. Tejon. Bill Mooney, a storyteller, will tell stories about Buffalo Bill's life. Reservations are required for this free performance; call 385-5990.

## Academy concerts

The Academy Concerts series includes Bill Engvall Feb. 10, "Wonderful Town" March 3 and Chip Davis and Mannheim Steamroller May 4. Contact the Academy box office at 333-4497 for information. Shows are in Arnold Hall Theater at the Academy.

## IMAX festival

IMAX fans can see any one of the top six films showing at the IMAX theater in the Denver Museum of Nature and Science, 2001 Colorado Blvd., in Denver. The films, "Everest," "Blue Planet," "Dolphins," "Seasons," "Africa: The Serengeti," and "Shackleton's Antarctic Adventure," are being rerun at the museum's theater. Each film runs daily. Admission for each film is \$8 for adults and \$6 for ages 3-18. Call (303) 322-7009 or log on to [www.cmns.org](http://www.cmns.org) to check film schedules. The festival runs through March 15.

## Musicals

"Jesus Christ, Superstar" is Feb. 13-14 at 7:30 p.m., in the Pikes Peak Center. Tickets start at \$32, call 520-SHOW.

"Capitol Steps" is Feb. 28 at 7:30 p.m. in the Sangre de Cristo Arts Center Theater, at

210 N. Santa Fe Ave. in downtown Pueblo. Tickets are \$20, call (719) 295-7200.

## Theater

"The Last Night of Ballyhoo," a comedy, is in the Fine Arts Center's theater running through Jan. 28. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. 30 W. Dale St., call the box office at 634-5583. Tickets are \$22.

## Imagination Celebration

"If You Give a Mouse a Cookie," is at 6 p.m. Feb. 9 for art activities and 7 p.m. for the show, at Pikes Peak Center, 190 S. Cascade Ave. The performance is by the Omaha Theater Company, one of the nation's leading children's touring companies. Tickets start at \$8, call 520-7469.

"If You Give a Mouse a Cookie" is also in the Sangre de Cristo Art Center theater in Pueblo at 11 a.m. and 2 p.m. Feb. 10. Tickets are \$6 each; call (719) 295-7211.

## Magic

David Copperfield performs his magic March 13, in shows at 5:30 and 8:30 p.m. in the Pikes Peak Center, 190 S. Cascade Ave. Call 520-SHOW for ticket information.

## Concert

"Goo Goo Dolls" perform Feb. 19 at the Pikes Peak Center, 190 S. Cascade Ave. in Colorado Springs. Tickets start at \$37; call 520-SHOW for ticket information.

Compiled by Nel Lampe





Photo courtesy U.S. Army

## Buffalo Bill exhibit

*An exhibit about William F. Cody, known as Buffalo Bill, is in the Colorado Springs Pioneers Museum through Jan. 27. Cody was an Army Scout with the 3rd Cavalry. At 2 p.m. Saturday, storyteller Bill Mooney tells stories about Buffalo Bill's life. Reservations are required for this free performance; call 385-5990. The museum, at 215 S. Tejon, is open Tuesday through Saturday from 10 a.m. -5 p.m.*

## New Hazard

by James Boroch

